

BARRINGER HB 6243

Dear Members of the Public Health Committee,

My name is Greg Barringer. I am a resident of Fairfield, Connecticut.

I am testifying in support of HB 6243, an act making a technical change to the statute concerning advertising by massage therapist; removing the language "Thai Yoga" from section 20-206g of the general statutes.

I am a full-time, certified, insured yoga instructor; making my living by teaching yoga at several studios and the YMCA here in Fairfield County. I also guide students in small group settings or one-on-one. I have been practicing yoga for two decades and have received over 1000 hours of training in various disciplines related to the instruction and guidance of yoga experiences, including over 100 hours of training in Thai yoga.

All of my work ultimately involves calming the body and the mind so the true nature of a student can be experienced and remembered. All yoga essentially leads towards creating harmony between our mind, body and spirit. I utilize Thai yoga techniques as part of my practice to release blocks within body, thus opening energy channels, enhancing vitality and promoting overall wellness and relaxation.

I do not feel that my work interferes or conflicts with massage therapy in any way. If anything it enhances it. I receive massage regularly, and I encourage my students to do likewise. Our works are a distinct compliment to each other. I hope you will see this likewise.

Thank you so much for your consideration.

Sincerely,

Greg Barringer